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It's time for laser attack

A beauty blogger tells her experiences with laser treatment

For a long time now, the laser treatment was high up on my to-do list. For years, I was affected by rosacea what I didn't know at first. I was an absolute layman and simply thought the redness of my skin would be a more or less normal reaction of sunlight.

Since young age I'm really into water sports. I started my surf adventures with falling into the water quite a few times. But I learned very fast how to handle the board in the right way. That was really a great experience for me. I felt free as a bird flying over the water while wind and water drops cooled down my face. Thereby I extremely underestimated the power of the sun and my sun protection failed. At the end of the day I were marked by a bright red line running right through the middle of my face.

When you're young you don't worry at all about long-term effects. Neither I did. In a pharmacy, a kind elderly gentleman told me that I really should take my sunburn seriously and avoid the sunlight. I bought a cream, applied it thickly onto my face and ignored all further suggestions. The very next day I jumped once more on my surf board and forgot all about what I was told the day before.

My youthful foolishness caused that, whenever I saw the sun, the red areas in my face immediately returned. It was not really a painful sunburn but an unpleasant redness difficult to hide by makeup. After many years, I did the inevitable step and visited a dermatologist. He told me that my supposed sunburn in reality was a skin disease called rosacea. First, this diagnosis didn't affect me. My querying look made the doctor explaining the disease to me in detail. The words I remember most were "initial" and "later aggravation". My first act at home was searching for rosacea on Google.

Due to the fact that I'm operating an own fashion and beauty blog (www.zeitlosbezaubernd.de) and because of my media

presence I was shocked by the facts and pictures. I didn't want to look like this. I started my therapy with many different creams and afterwards I even took antibiotics. I tried a lot but nothing really worked.

Last Resort: Laser treatment

Finally, I decided to go for a laser treatment. I went to the Laser Medizin Zentrum Rhein-Ruhr of the dermatologist Reinhard Gansel. There I got a lot of information and learned about the therapeutic plan. Contrary to my assumption, I was told that it would be a longer treatment.

I could hardly await my first therapy session. Anyways, when I was sitting in the treatment room I got a little bit nervous. Despite all the information I had gotten from the doctor before, facing the real experience was rather different for me. In the end the whole thing was pretty easy: They put safety glasses on me and started the treatment.

The first session didn't take long and was bearable to me. The laser therapy felt like pinpricks, not painful and actual acceptable. Afterwards the treated areas of my skin turned red and itched slightly.

They gave me a mask for soothing my skin, which made the itching stop immediately. I relaxed for a moment and allowed the mask to work. After removing the mask, I left the place. At this time the laser treatment was hardly visible. This fact really surprised me so that I had a strong drive to find out more about this magic mask.



Skin-soothing *epi nouvelle+ naturelle* facial mask applied to the skin of the author.

Since dermo-aesthetic treatments for skin rejuvenation become more and more successful the border between pharmaceuticals and cosmetics is going to be fluent. I figured out that my magic mask actually is an innovative product of JeNaCell. JeNaCell is a specialist in the development and manufacture of skin-soothing products and also offers masks (*epi nouvelle+ naturelle*) for aftercare of dermatological procedures. The products are made on a purely vegetable basis and are used after aesthetic dermatology. The mask creates a very pleasant and lasting cooling of the skin. This supports the regeneration of the skin and reduces redness and tension. The removing of the mask is painless and so far, there are no allergic reactions known.

I felt very comfortable with this soothing mask after my laser treatment and it literally made me feel much more relaxed in terms of the following sessions.